



# Health Check-up

Personal health guide

# *Health Check-up Summary*

## **Areas identified that I need to address:**

- Heart Disease Risk
- Healthy Weight
- Sleep
- Diet and Eating
- Calcium
- Blood Pressure
- Cholesterol
- Diabetes
- Smoking
- Alcohol
- Stress

## **Other comments:**

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# Introduction

## **Caring for your health is essential.**

Not only will it help to prevent serious illnesses such as heart disease or cancer, but it will also help you to be a happier, more productive person.

This health check is designed to look at some of the areas where your lifestyle can have a significant impact on your health.

There is a growing recognition that lifestyle, physical health, mental health and performance are all inextricably linked. We hope that by participating in this health check you will experience positive gains both at work and at home.

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**REDUCE YOUR RISK OF HEART DISEASE TODAY**



# Heart Disease

## **Coronary Heart Disease is the leading cause of death and disability in Australia.**

Coronary Heart Disease is caused by narrowing of the blood vessels that carry oxygen and nutrients to your heart muscle. If the clogged vessels reduce blood supply you may experience symptoms such as chest pain or shortness of breath. If the blockage is sufficient to completely block blood supply a life-threatening heart attack can result.

You can reduce your risk of heart disease by:

- ✓ maintaining a healthy weight
- ✓ eating sensibly
- ✓ exercising regularly
- ✓ not smoking

Other factors which can increase your risk of heart disease and should be checked regularly by your doctor include:

- ✓ blood pressure
- ✓ cholesterol
- ✓ blood sugar (Diabetes)

**AT THE END OF THIS ASSESSMENT YOU SHOULD KNOW YOUR:**

Blood pressure:

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Cholesterol:

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Blood sugar:

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# Healthy Weight

**The World Health Organisation has declared obesity as a 'global epidemic'.**

Maintaining a healthy weight through diet and exercise can help prevent the development of serious diseases such as heart disease and cancer. It can also help to prevent other conditions such as diabetes, stroke and even arthritis.

To check if your weight is healthy you need to know your:

- Body Mass Index (BMI)
- Waist Circumference
- Body Fat Percentage



## Waist Circumference

This is one determinant for your risk for heart disease. Carrying weight around your waist (apple-shaped) increases your risk of heart disease and diabetes.

### YOUR WAIST CIRCUMFERENCE IS:

- High risk for men – waist >102cm
- High risk for women – waist >88cm

## Body Mass Index

This is your height to weight ratio and gives a good indication of whether your weight is in the healthy range.

### YOUR BMI IS (✓):

BMI	Range
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## Body Fat Percentage

This is a calculation of how much of your body weight is made up of fat rather than muscle. Excessive body fat is a risk factor for a number of serious diseases.

### MY BODY FAT IS (✓):

Classification	Women (%Fat)	Men (%Fat)
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# Sleep

## Over 1.2 million Australians experience sleep disorders.

Sleep is a vital biological function. It is essential to physical and emotional wellness. No matter what age you are, limited sleep can affect every aspect of your lifestyle – from work to home. When your body works well, you sleep well. Sleep disorders can lead to:

- work-related injuries
- motor vehicle accidents
- depression
- diabetes
- kidney disease
- cardiovascular disease

Chronic insomnia can impact individuals across a range of areas including increased use of medical services, family problems, alcohol, reduced work performance and emotional problems.

Insomnia patients receive fewer promotions at work, fewer pay raises and are less optimistic about future career opportunities. Averaging less than 6 hours sleep per day has been shown to increase your health risks – both physical and mental.

Some simple things to consider when trying to improve your sleep:

- Going to bed and arising at the same time each day.
- Performing regular exercise but not just prior to going to bed.
- Don't smoke just prior to going to bed.
- Don't eat excessively just prior to going to bed.
- If you cannot sleep, get out of bed and undertake a restful activity before trying again.

### MY AVERAGE SLEEP HOURS:

Hours:

Comments:



# Diet and Eating

**Healthy eating can not only help maintain a healthy weight but can also help prevent a number of diseases such as cancer and osteoporosis. It is estimated that 60% of deaths in Australia are caused by lifestyle-related diseases.**

**The best scientific advice regarding diet recommends the following:**

- First and foremost your diet should include a large number and variety of vegetables each day. Green leafy vegetables should be included daily.
- Consuming a variety of fruits is also very important but you should limit your intake to 2 pieces each day.
- Protein should be included every day, and you should choose options such as lean meat, fish and lentils.
- Fish should be included at least twice a week.
- It is important to ensure that you have adequate Calcium intake. Low fat dairy products are a rich source of Calcium, Protein and Carbohydrate.
- Drink plenty of water.
- Limit saturated fats and moderate total fat intake.
- Avoid highly processed foods (i.e. white bread, biscuits).
- Choose foods low in salt.
- Limit your alcohol intake if you choose to drink.
- Consume only moderate amounts of sugars and foods containing added sugars.

**These guidelines will help you achieve a number of things:**

- ✓ Preventing weight gain. If you are attempting to lose weight you should also follow these guidelines but limit portion size, and include a regular exercise program.
- ✓ Providing your body with a rich variety of vitamins, minerals and antioxidants to help with the healthy functioning of your body and prevention of chronic disease.
- ✓ Avoid the need for supplements which are generally of limited benefit in any case.

**MY CURRENT DIET IS (✓):**

Healthy

Unhealthy



## CALCIUM FOR HEALTHY BONE DEVELOPMENT



# Calcium

**Calcium is an essential nutrient for healthy bone development. People low in Calcium are at increased risk of developing osteoporosis.**

## **Recommended Calcium intake is:**

Women aged 19-50.....	1000mg
Women >50.....	1300mg
Pregnancy/ Lactation.....	1300mg
Men aged 19-70.....	1000mg
Men >70.....	1300mg

## **Some examples of foods containing Calcium include:**

Milk	1 cup	300mg
Yoghurt (fruit flavoured)	¾ cup	250mg
Salmon, tinned with bones	½ medium tin	250mg
Tofu (made with Calcium)	3 oz.	150mg
Baked beans	1 cup	150mg
Almonds	¼ cup	75mg
Chick peas	1 cup	75mg
Orange	1 medium	50mg
Lentils	1 cup	50mg
Bread	2 slices	50mg
Broccoli	¾ cup	50mg

**CHECK YOUR BLOOD PRESSURE REGULARLY**



# Blood Pressure

**Blood Pressure is a measure of the pressure exerted by blood in your arteries. Normal Blood Pressure is considered to be less than or equal to 120/80.**

Approximately 30% of Australians have High Blood Pressure. High Blood Pressure increases your risk of stroke, heart disease, and other vascular diseases.

It is important to have your blood pressure checked regularly as high blood pressure is usually symptom free and painless.

Some lifestyle changes which may assist include:

- weight loss
- regular exercise
- healthy eating
- not smoking
- moderate alcohol intake
- manage stress

It is important that you consult with your GP to develop strategies to reduce your blood pressure when it is elevated.

## MY BLOOD PRESSURE IS (✓):

- |                          |                  |           |
|--------------------------|------------------|-----------|
| <input type="checkbox"/> | Less than 120/80 | Normal    |
| <input type="checkbox"/> | Up to 140/90     | Elevated  |
| <input type="checkbox"/> | Up to 160/100    | High      |
| <input type="checkbox"/> | Up to 180/110    | Very high |
| <input type="checkbox"/> | >180/100         | Emergency |



**MORE THAN HALF OF ALL AUSTRALIANS HAVE  
ELEVATED CHOLESTEROL**



# Cholesterol

**Cholesterol is an essential type of fat that is carried in the blood, however an excess of cholesterol increases your risk for coronary heart disease. This is due to the fact that over time cholesterol can build up in blood vessels causing blockages to the blood supply.**

More than half of all Australians have elevated cholesterol.

There are different types of cholesterol in the blood, both good and bad. If your total cholesterol is elevated it is important to have further testing to determine your ratio of good to bad cholesterol.

If your cholesterol is elevated you should see your GP to discuss ways to reduce your cholesterol.

Lifestyle changes which may assist with reducing cholesterol include:

- maintain a healthy weight
- regular exercise
- reduce intake of animal-based fats
- eat plenty of vegetables and fish

**MY CHOLESTEROL IS (✓):**

- Normal <5.5 mmol/L
- High >5.5 mmol/L

**60% OF DIABETES CASES CAN BE PREVENTED**





# Diabetes

**Diabetes mellitus is a condition where the amount of glucose in the blood is too high because the body cannot use it properly. Insulin is essential to maintain normal blood sugar levels.**

It affects around 1 million Australians and many are not aware that they have the disease. Diabetes increases your risk of heart disease, stroke, blindness and kidney diseases. There are two main types:

- **Type 1 Diabetes** occurs when your body does not produce enough insulin. It generally occurs at a younger age.
- **Type 2 Diabetes** occurs when your body cannot use insulin properly. It generally occurs later in life and is associated with obesity and lack of exercise. Type 2 Diabetes is more common accounting for 85-95% of all people with diabetes.

If your blood glucose is elevated it is essential that you follow up with your GP. Up to 60% of Diabetes cases can be prevented.

Things that you can do to prevent Diabetes include:

- maintaining your healthy weight
- reducing your waist circumference
- eating healthily
- regular physical activities

## MY RANDOM GLUCOSE LEVEL IS (✓):

- |   |                                 |
|---|---------------------------------|
| <input type="checkbox"/> < 5.5 mmol/L     | Normal                          |
| <input type="checkbox"/> 5.5 – 6.9 mmol/L | Elevated<br>(possible diabetes) |
| <input type="checkbox"/> > 7.0 mmol/L     | High (diabetes likely)          |

**SMOKING REDUCES YOUR LIFE SPAN BY AN  
AVERAGE OF 10 YEARS**



# Smoking

**Tobacco kills around 15,000 Australians per year. It is the single largest preventable cause of premature death and disease in Australia. Tobacco use reduces not only your life expectancy but also your quality of life.**

Diseases associated with smoking include, but are not limited to:

- stroke
- heart disease
- numerous cancers
- blindness
- emphysema and other respiratory diseases
- dental problems
- erectile dysfunction
- infertility
- pregnancy complications.

Quitting smoking can be one of the most difficult, yet one of the most rewarding things that a person can do. The health benefits of quitting smoking can start as early as 24 hours after your last cigarette and continue for the rest of your life.

The first step is to make the decision that you are ready to quit.

Once you are ready to quit smoking it is important to seek help as quit rates are much higher in those who get assistance. There are a number of different resources and means to assist with quitting smoking. It is important to discuss these options with your GP to determine the best method for you.

## MY READINESS TO QUIT SMOKING (✓):

- Not ready                       Ready to quit
- Contemplating



# Alcohol

**Excessive alcohol consumption is associated with a number of health and social problems.**

From the immediate effects of acute intoxication (binge drinking) to long-term health problems such as liver disease and cancer, excessive alcohol consumption can significantly increase your risk of death and disease.

Current guidelines for safe drinking levels are:

Men	Women
Maximum 4 standard drinks per day on average	Maximum 2 standard drinks per day on average
No more than 6 standard drinks on any one day	No more than 4 standard drinks on any one day
At least 2 alcohol free days per week	At least 2 alcohol free days per week

## *What is one standard drink?*

There is a lot of confusion that exists around the definition of a standard drink.



1.8  
180ml Average restaurant serve of wine  
12% Alc./Vol



1.5  
375ml Full strength beer  
4.9% Alc./Vol



1.5  
375ml Pre-mix spirits  
5% Alc./Vol

# Stress



**Stress is a natural response to a situation where a person feels under pressure. However, prolonged and unmanageable stress can lead to significant health problems.**

**Some common signs of too much stress include:**

- increased irritability
- heightened sensitivity to criticism
- signs of tension, such as nail-biting
- difficulty getting to sleep and early morning waking
- drinking and smoking more
- indigestion
- loss of concentration

**Stress may be a contributing factor in problems such as:**

- backaches
- insomnia
- cardiac disease
- cancer
- stroke
- diabetes
- chronic fatigue syndrome
- depression
- anxiety

## Dealing with stress

The secret of managing stress is to look after yourself and, where possible, to remove some of the causes of stress. If you start to feel things are getting on top of you, give yourself some breathing space.

Take a day off work, domestic chores, family and everything else that puts pressure on you. Spend the day doing only relaxing things that make you feel good. It can make all the difference, reducing the threat to your wellbeing.

### Some ways to cope with stress:

- accept offers of practical help
- do one thing at a time – manage your time effectively
- know your own limits – don't be too competitive or expect too much of yourself
- talk to someone and try to spend time with people who are rewarding rather than critical and judgmental
- perform some exercise
- walk away from stressful situations
- practise slow breathing using the lower part of the lungs
- use relaxation techniques e.g. yoga.

If you feel that you are experiencing undue stress, talk to your GP about how to manage it.

**I ESTIMATE MY STRESS LEVELS TO BE (✓):**

Low

Medium

High

Contact us:  
**1300 550 276**

**The Recovre Group Pty Ltd**

ABN 35 003 330 167

Level 11, 66 Clarence Street  
Sydney NSW 2000

Phone: 1300 550 276  
Fax: 1300 723 405  
Email: [referrals@recovre.com.au](mailto:referrals@recovre.com.au)

*[www.recovre.com.au](http://www.recovre.com.au)*

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